



June 1st-June 4th

Running Development Camp

Information / Questions:

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AVON CROSS COUNTRY

The Avon High School Cross Country team is hosting their fifteenth annual running development camp during the week of June 1st-June 4th! Runners of all ability are welcome, and Avon students entering grades 1 to 8 are invited. Our goal is to utilize our experienced varsity athletes and coaching staff to develop runners by focusing on team culture, training techniques, proper warm-up & cool-down routines, form drills, and other aspects of our great sport within a fun and competitive environment. Campers will receive an Avon Cross Country Camp t-shirt! Water and snacks will also be provided as well.

Camp Highlights:

WHEN: June 1st-June 4th, 6:00 PM-7:30 PM. Drop off at 5:50 PM, pick-up by 7:00 (grades 1-3) / 7:30 PM (grades 4-8), both in the east parking lot behind Cedar Elementary.

WHERE: Cedar Elementary School, 685 South Avon Avenue in Avon

COST: \$50 for grades 1-3 / \$60 for grades 4-8

ACTIVITIES: Instruction, running development drills, workouts varying in length and distance based on running ability, games and activities, relay races, and all-camp races on Thursday.

WHAT TO BRING: Water bottle, athletic shoes (preferably running shoes), athletic clothing, positive attitude, and excitement!

[Click here to register online!](#)

